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Cy-Fair
Jersey Village
Edition

VOLUME 17, ISSUE 5 | JAN. 15-FEB. 12, 2026

2026 Health & Wellness Edition

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Park improvements shape up in Cy-Fair

INSIDE 16

Within the Cy-Fair service area:

46	1,102	30
acres of greenway	acres of developed parkland	total parks

Ensuring green spaces fulfill the needs of residents and local wildlife is the goal of the 2023 Parks and Trails Master Plan. (Daniel Arizpe/Community Impact)

Also in this issue

Impacts Page 7
Read about the grand opening of a new Trader Joe's in Cypress

Health & wellness Page 11
Look at how mental health resources are tied to economic prosperity

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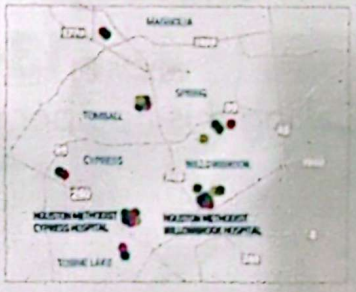

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About Community Impact

Owners John and Jennifer Garrett launched Community Impact in 2005, and the company is still locally owned today with editions across Texas. Our mission is to provide trusted news and local information that everyone gets. Our vision is to build communities of informed citizens and thriving businesses through the collaboration of a passionate team. Our purpose is to be a light for our readers, customers, partners and each other by living out our core values of Faith, Passion, Quality, Innovation and Integrity.

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JG MEDIA

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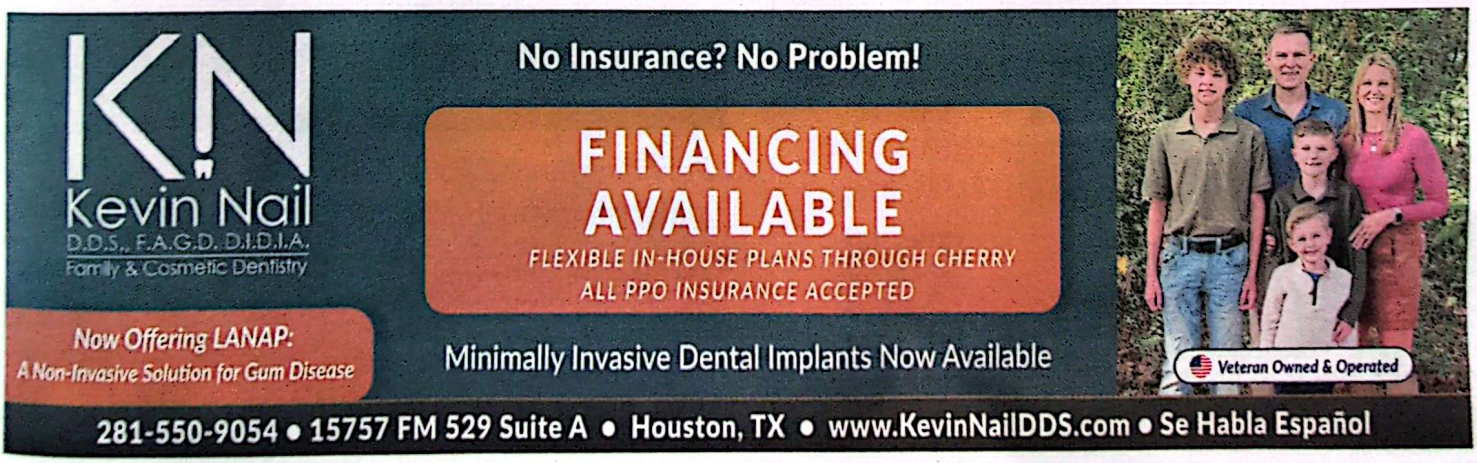
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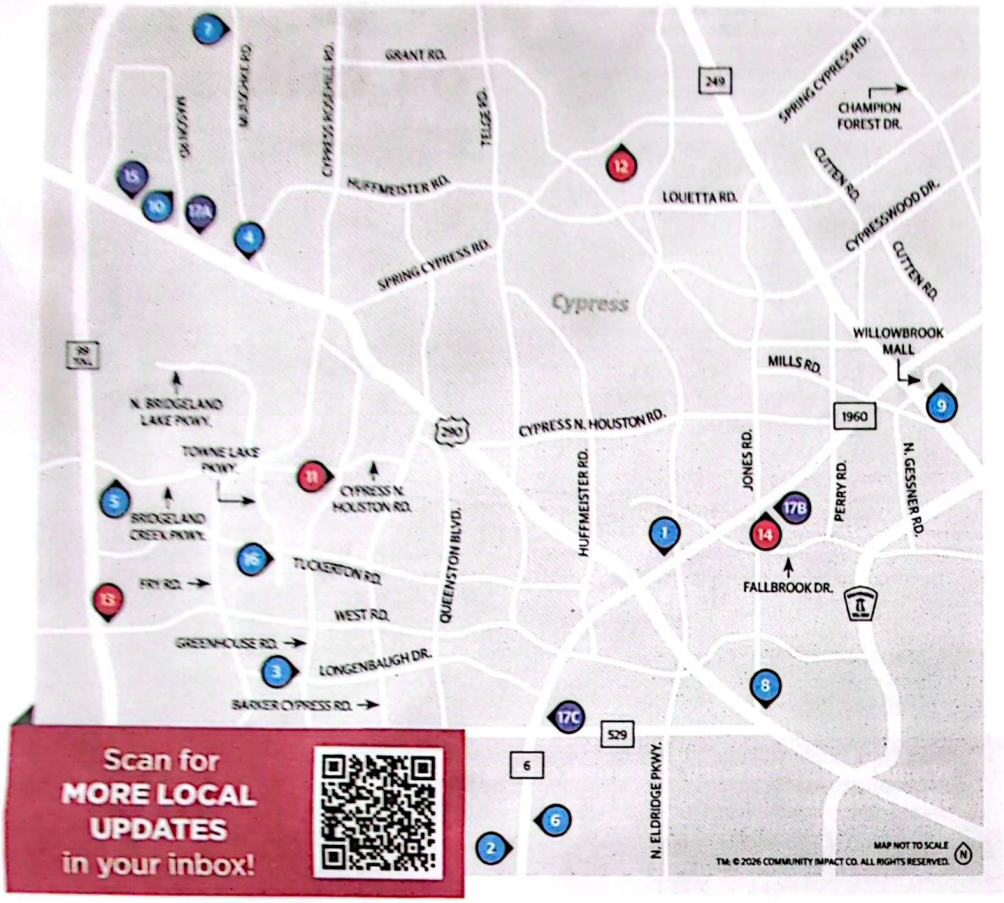

Scan for MORE LOCAL UPDATES in your inbox!

Now open

1 Cupbop

Cupbop offers Korean barbecue bowls, Korean wings and salad bowls as well as ramen noodles and Korean corn dogs.

- Opened Dec. 12
- 12620 FM 1960 W., Ste. C-4, Houston
- www.cupbop.com

2 EoS Fitness

The 40,000-square-foot, full service gym features a variety of cardio and strength equipment, group fitness classes and personal training options.

- Opened Dec. 11
- 4815 Hwy. 6 N., Houston
- www.eosfitness.com

3 Gideon Math & Reading Center

Gideon Math & Reading Center aims to provide children ages 4 and up with a step-by-step curriculum tailored to their abilities following a placement evaluation.

- Opened Jan. 4
- 8227 Greenhouse Road, Ste. 140, Cypress
- www.gideonmathandreading.com/south-cypress

4 House of Smiles

House of Smiles focuses on creating positive and comfortable dental experiences for children of all ages, offering services such as preventative care, digital X-rays, tooth-colored fillings and crowns.

- Opened Nov. 17
- 27220 Hwy. 290, Ste. B, Cypress
- www.houseofsmileshtx.com

5 Jonathan's The Rub

Described as "new American fare with a global twist," Jonathan's the rub offers scratch-made dishes including hand-cut steaks, fresh seafood, pastas and salads.

- Opened Dec. 10
- 20215 Bridgeland Creek Parkway, Cypress
- www.jonathanstherub.com

6 Lin's Grand Buffet

Lin's Grand Buffet serves a variety of Chinese, Japanese and seafood dishes, including fried rice, orange chicken and sushi. Takeout and delivery will also be available at the new Houston restaurant, according to the release.

- Opened Jan. 9
- 5402 Hwy. 6, Houston
- www.linsrestaurant.com

7 Neuron Psychiatry

Focused on providing patient-oriented care, Neuron Psychiatry is now serving the Cy-Fair area with treatment for a variety of issues including anxiety, depression, ADHD, sleep and substance use issues.

- Opened Dec. 26
- 18723 Mueschke Road, Ste. B, Cypress
- www.neuronpsychiatry.com

8 Ol Juicy Dumpling & Ramen

Ol Juicy Dumpling & Ramen offers comfort food

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including ramen, handmade dumplings and milk tea.

- Soft opened in November; Grand opening Jan. 10-16
- 25282 Hwy. 290, Ste. 100, Houston
- Facebook: 01 Juicy Dumpling & Ramen

9 Round1

Round1 is an arcade with over 100 crane machines, arcade games, professional-grade billiards, karaoke and bowling. In addition, the arcade features a food bar with snacks such as pizza, wings and ice cream.

- Opened Dec. 20
- 2000 Willowbrook Mall, Houston
- www.round1usa.com

10 Saigon District Vietnamese Restaurant

Located on Mason Road, Saigon District Vietnamese Restaurant plans to offer a wide range of traditional Vietnamese dishes, including pho, banh mi and other favorites, officials said.

- Opened Dec. 7
- 15703 Mason Road, Ste. C2, Cypress
- www.saigondistrict290.com

A1 Academics K-12 Tutoring Service

A1 Academics K-12 Tutoring Service offers services for children in kindergarten through 12th grade with individual in-person and virtual sessions. Tutoring subjects offered include Spanish ESL, STEM, reading, writing and critical thinking skills.

- Expanded Jan. 10
- www.a1academics.com

PetSet

PetSet debuted a custom-built mobile spay-and-neuter clinic, expanding the nonprofit's ability to bring preventative veterinary care to Houston. PetSet officials said the mobile clinic is expected to support up to 1,200 additional surgeries annually.

- Opened Dec. 18
- www.pet-set.org

Coming soon

11 Connie's Frozen Custard

Established over 25 years ago in Cy-Fair, Connie's Frozen Custard offers frozen custard made with pasteurized eggs and over 50 toppings to customize with. Featuring the same business model as the original Cy-Fair location, the new location will continue to serve frozen custard through a walk-up window and drive-thru.

- Opening Jan. 16
- 11231 Greenhouse Road, Ste. 100, Cypress
- www.conniesfrozencustard.com

12 Lupita's Mexican Cuisine

According to management, Lupita's Mexican Kitchen expects to open by the end of January 2026. The location will serve a variety of traditional Mexican cuisine including tacos, enchiladas and tamales, officials said.

- Opening late January
- 13330 Spring Cypress Road, Ste. 100, Cypress
- Facebook: Lupita's Mexican Kitchen

13 Texas Roadhouse

According to business officials, construction is underway on a new Texas Roadhouse location in Cypress. The restaurant chain is known for its ribs, steaks, burgers, fried chicken and homemade sides.

- Opening late 2026
- Northeast corner of Grand Parkway at West Road
- www.texasroadhouse.com

14 Vevor

Per the TDLR listing, construction for the new 31,962-square-foot Vevor location was completed in October. Vevor is a Home Improvement brand and focuses on delivering entry-level home improvement products with over 20,000 products offered across 50 countries, per the website.

- Opening TBD
- 10955 FM 1960, Houston
- www.vevor.com

In the news

15 Fairfield Town Center

The Fairfield Town Center development in Cypress was purchased by Big V Property Group in partnership with Principal Asset Management, according to a Dec. 15 news release from the group. The center holds 355,000 square feet of retail, entertainment and other services, the release states. Big V Property Group did not disclose the purchase price of the center.

- 28902 Hwy. 290, Cypress
- www.bigv.com/property/fairfield-town-center

COMMUNITY IMPACT STAFF

16 Trader Joe's

The 9,984-square-foot store is the first Trader Joe's Cypress location and prides itself on hiring local community employees with over 40 new crew members and transfers from nearby Trader Joe's locations, a news release said. The new store is donating 100% of products that go unsold but remain fit to enjoy to a range of nonprofit organizations.

- Opened Dec. 19
- 9715 Towne Lake Parkway, Cypress
- www.traderjoes.com

17 Jason's Deli

Fast-casual eatery Jason's Deli is celebrating its 50th anniversary in 2026. The deli was founded in 1976 by Joe Tortorice Jr. in Beaumont and has since branched out to 114 Texas locations and 235 delis nationwide.

- A 28050 Hwy. 290, Cypress
- B 10915 FM 1960 W., Houston
- C 7010 Hwy 6, Houston
- www.jasonsdeli.com

BY MELISSA ENAJE

County expands child care center tax exemption

With a unanimous vote on Dec. 11, Harris County commissioners reauthorized 100% property tax exemptions for qualified child care providers in 2026 and onward in a move that is expected to save thousands of dollars for providers, county officials said.

The full story

Commissioners first approved the 100% property tax exemption for qualified child care centers in March 2024, with the stipulation that the exemption would expire every two years unless commissioners voted for an extension. With the December vote, commissioners also approved removing the expiration clause, which allows the exemption to continue without requiring the two year reapproval from Commissioners Court.

Harris County Judge Lina Hidalgo said in a news release the reauthorization helps providers pay and retain staff, and keep tuition rates affordable.

"Today's unanimous vote shows that every single one of us ... understands the importance of protecting access to high-quality, early childhood education," Hidalgo said.

In order to qualify for the full exemption, a child care center must:

- ☑ Participate in the TWC's Texas Rising Star Program
- ☑ Maintain a minimum of 20% enrollment of children who receive subsidized services through the TWC

Harris County's fiscal year 2025-26 budget included more than $125 million for early childhood initiatives, including:

- **$57.5 million** for the Early REACH program
- **$17.7 million** for SHINE Childhood Facilities funds
- **$16.5 million** for Early Learning Quality Networks
- **$14.9 million** for the Early Childhood Impact fund
- **$8.4 million** for the County Connections Summer Enrichment program
- **$7.3 million** for the Accessible Child Care Training Support program
- **$4.3 million** for the Responsive Intervention Services & Engagement program, or RISE

SOURCE: HARRIS COUNTY BUDGET OFFICE/COMMUNITY IMPACT

IAH, Hobby roll out 'eGates' technology

Airport passengers in the Greater Houston area who are also CLEAR members can utilize new biometric eGates aimed at expediting identity verification at both George Bush Intercontinental and Hobby airports.

Zooming out

While the security identity company CLEAR first announced the national airport partnership program rollout with the U.S. Transportation Security Administration on Aug. 19, Houston Airport officials announced the biometric security gates are in use as of mid-December.

"The eGates are designed to give CLEAR+ members a more seamless and predictable travel experience," officials said in a news release. "Travelers can verify their identity in under five seconds."

BY SARAH BRAGER

Cy-Fair ISD board welcomes three new trustees, president

Cy-Fair ISD officials and community members on Dec. 11 welcomed three new faces to the board of trustees.

In case you missed it

Lesley Guilmart, Cleveland Lane Jr. and Kendra Camarena were sworn in during a Dec. 11 board work session, marking the official start of their four-year term.

The board also unanimously elected Trustee Julie Hinaman on Dec. 11 to serve as board president. Hinaman was first elected as a CFISD trustee in 2019.

One more thing

Additionally, the board elected Lane vice president and Guilmart secretary. Trustees Justin Ray, Christine Kalmbach and Todd LeCompte did not vote for vice president or secretary.

From left, Newly-elected trustees Kendra Camarena, Cleveland Lane Jr. and Lesley Guilmart at their Dec. 11 swearing-in ceremony.

COURTESY CY-FAIR ISD

"My primary focus is to build trust with our community [and] ensure the board works collaboratively to best serve the students, staff, taxpayers and stakeholders in the district."

JULIE HINAMAN, CFISD BOARD PRESIDENT

CFISD names new chief of staff

New Cy-Fair ISD Chief of Staff Brandy Baker joined the district's administration early January, replacing former CFISD Chief of Staff Teresa Hull who retired Dec. 31.

The gist

Baker previously served as chief of staff of Pflugerville ISD and worked with CFISD Superintendent Doug Killian when he was superintendent of the Austin-area district. She also served four years as PfISD's chief academic and innovation officer, per a Dec. 16 news release.

"What drew me to Cy-Fair is how clearly the district places students at the center of its work and focuses on learning that prepares them for what comes next."

BRANDY BAKER, CFISD CHIEF OF STAFF

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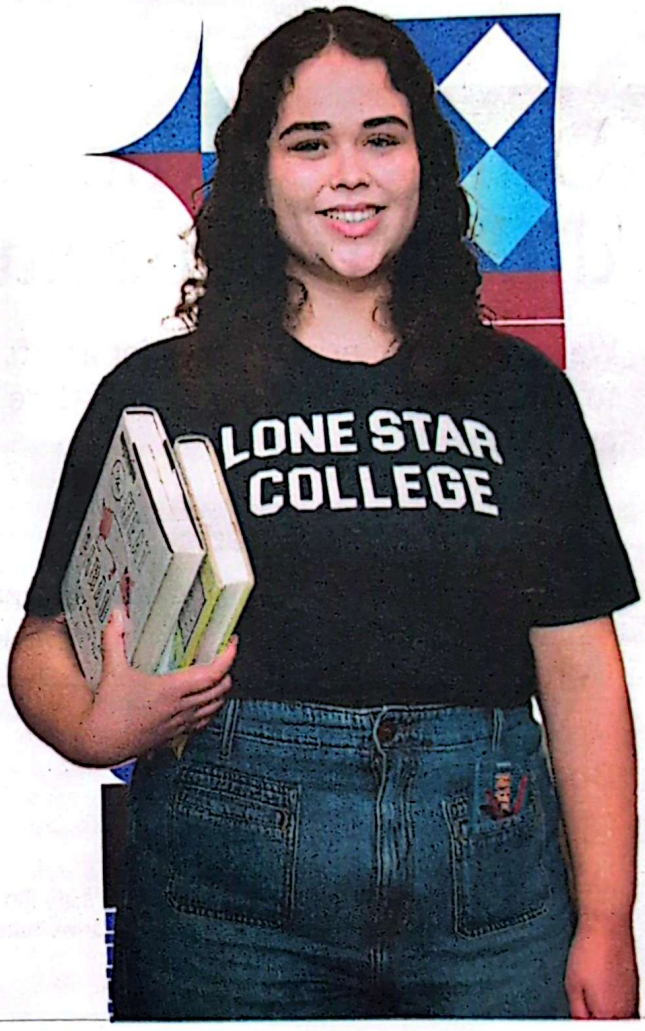
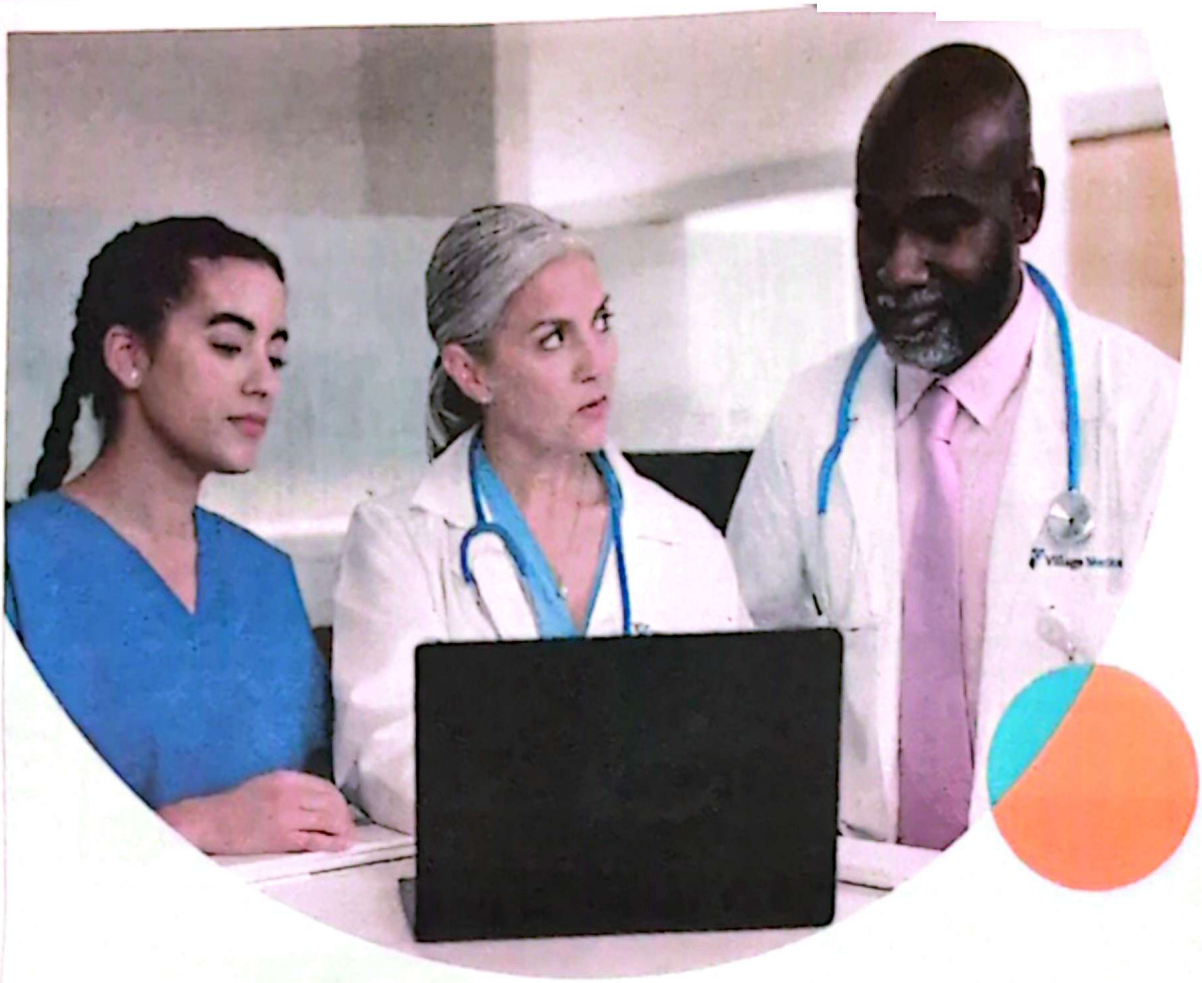
LoneStar.edu/FullYearSchedule





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BY JESSICA SHORTEN

Health & Wellness Edition 2026

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The New Way to Well

Community Impact's Health & Wellness edition is here.

This year's guide explores how access, infrastructure and planning shape wellbeing in Cypress and Cy-Fair.

These issues underscore the importance of thoughtful community planning in supporting both physical and mental health. All of the stories were written by our team of local journalists, and all of the advertisements are from nearby businesses who support our mission to provide free, useful news.

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For relevant news and daily updates, subscribe to our free email newsletter!

Neurofeedback offers new insights

A new tool is being launched by mental health professionals, combining imaging with traditional counseling in a process called neurofeedback.

According to the International Society for Neuroregulation & Research, neurofeedback is aimed at assisting those struggling with ADHD, anxiety, depression, PTSD and other mental disorders.

"This helps us create a plan that is tailored exactly to your brain and your needs," said Kylie Forgy, a neurobehavioral specialist at Cypress Counseling & Wellness.

How it works

The process begins with a brain mapping session–also known as a quantitative electroencephalography or qEEG–where individuals sit for 10-30 minutes with a series of sensors on the scalp.

The process involves an eyes closed portion, and an eyes open portion where the individual watches a video. Sensors measure brain activity levels and a report is created based on a database of "normative" brainwave patterns to help identify hyper- and under-active portions of the brain.

"QEEG gives us the fingerprints and then neurofeedback is the training and the treatment," Forgy said. "It works in conjunction with your regular therapy and it's just an extra tool in the toolbox."

What is it?

Forgy said EEGs have been commonly used in diagnosing and treating epilepsy, head injuries and other serious conditions. However, the data is now able to be refined to provide visible feedback to guide counseling as well as re-enforce positive brain functions through multiple sessions.

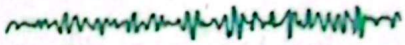
Forgy said the process serves as a noninvasive method of identifying potential negative patterns.

"[Neurofeedback] helps at a biological level and counseling helps to give you the tools to implement these changes, to self-regulate," Forgy said.

Reading wavelengths

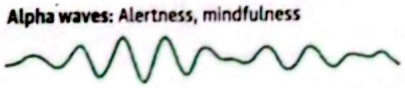
There are five types of brainwaves measured in neurofeedback, with each one reflecting specific states of mind and cognitive function:

Gamma waves: Complex thinking, long and short term memory

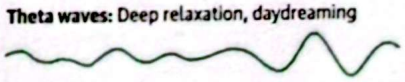


Beta waves: Active focus, anxiety

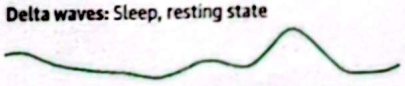
Alpha waves: Alertness, mindfulness



Theta waves: Deep relaxation, daydreaming



Delta waves: Sleep, resting state



COURTESY CYPRESS COUNSELING & WELLNESS

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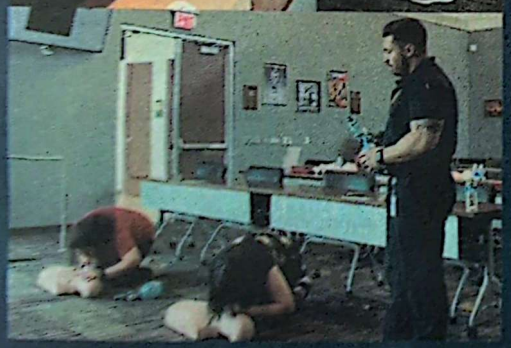

When emergencies happen, seconds count. Whether you're a parent, an educator, a healthcare professional, or simply a caring coworker or neighbor, Cy-Fair Fire Department offers lifesaving courses that prepare you to act.

Our hands-on training for every skill level includes:

- **CPR/First Aid:** Learn hands-only CPR and basic first-aid skills in this free, non-certification course. Perfect for anyone without a medical background. Gain skills to act quickly and confidently until help arrives.
- **CPR/AED & First Aid:** Get certified in adult, child, and infant CPR; AED use; choking relief; and essential first-aid topics. Ideal for teachers, coaches, childcare workers, and other lay rescuers. This course awards the CPR card.
- **BLS Provider:** Designed for health professionals and first responders. This American Heart Association certification focuses on high-quality team CPR, airway management, bag-mask ventilation, and AED skills.

All of CFFD's courses are hands-on, scenario-based, and taught by certified instructors. Offerings are available in English and Spanish.

Scan here or visit CyFairFD.org/165/Courses to see schedules and pricing.

CY-FAIR FIRE DEPARTMENT

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BY SARAH BRAGER

Mental health resources in Cy-Fair tied to economic prosperity

Residents in areas with fewer economic opportunities struggle to find mental health care in their communities, according to a University of Houston study that mapped mental health deserts across Greater Houston.

The study, published Oct. 15, found that even neighboring zip codes see sharp differences in accessibility to mental health resources. Areas with lower education levels and higher poverty rates had fewer, sometimes zero, licensed mental health professionals.

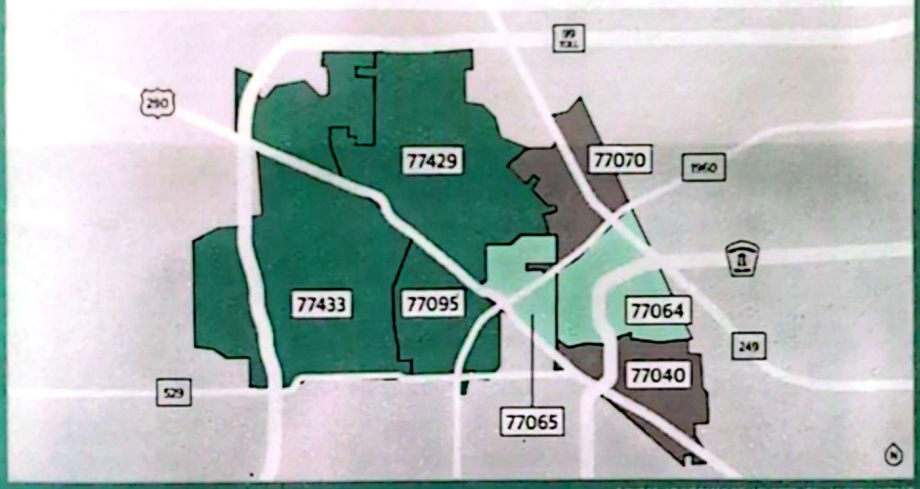
To address the gap, psychologists and policymakers in the northwest Houston region are fighting for more options and against barriers like cost and stigma.

"[Mental health] impacts school, work, relationships and just day-to-day functioning," Jennifer Boswell, director of adult mental health services at the Harris Center for Mental Health and IDD, said.

Distressed Communities Index, Cy-Fair and Cypress

The Distressed Communities Index (DCI) uses Census data including housing vacancy, poverty rate, median income ratio, among others to explore disparities in economic well being.

Economic prosperity by ZIP code: Prosperous | Mid-tier | At-risk



SOURCE: UNIVERSITY OF HOUSTON/COMMUNITY IMPACT

The big picture

UH researchers Damien Kelly and Chakema Carmack coined the term "mental health deserts" after using the concept of food deserts to compare mental health resources in Greater Houston.

Their study found communities in zip codes with higher incomes and more development had greater mental health care options.

"Prosperity should not be the deciding factor on whether a population, a community, is mentally healthy and has access to mental health [care], because they want it," Carmack said.

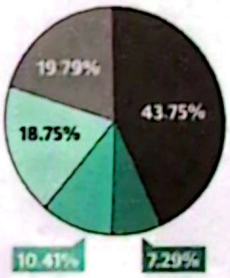
Kelly and Carmack said they mapped resources using data from Psychology Today's registry of licensed mental health professionals and the U.S. Census Bureau's Distressed Communities Index, which rates zip codes based on poverty, job growth, education level and other factors.

Greater Houston zip codes ranked on the Distressed Communities Index

The DCI rates zip codes based on economic factors including poverty level, educational attainment and housing vacancy rates, among others, with "distressed" being the most severe rating.

Breakdown of 96 analyzed zip codes

- Distressed: **42**
- At risk: **19**
- Mid tier: **18**
- Comfortable: **10**
- Prosperous: **7**



SOURCE: UNIVERSITY OF HOUSTON/COMMUNITY IMPACT

The local impact

Several zip codes in the Cy-Fair and Cypress areas are ranked "prosperous" on the DCI, which was last updated with 2023 Census data, per the map.

However, some zip codes—particularly near Hwy. 249 and Jersey Village—came up as "mid-tier" and "at risk," with fewer mental health professionals than their "prosperous" counterparts.

Kristin Henshaw, clinical director of local mental health center Cy-Hope Counseling, said cost, time and transportation create challenges for consistent treatment. To promote accessibility, she said the center uses a sliding-scale method to offer free and reduced-cost therapy.

Henshaw said Cy-Hope opened a second counseling center in 2024 in Waller, an area with a large transportation disparity. Additionally, Henshaw said the center recently added Spanish-speaking staff to mitigate language barriers.

Kelly and Carmack said they're partnering with Harris County Precinct 4 to explore potential policy solutions, and they expect to release a follow-up report in spring 2026.

To find free mental health resources in the meantime, visit Pct. 4's website at www.cp4.harriscountytx.gov.

Fitness & health guide

Looking to get into a new wellness routine in 2026? Here are 10 fitness and wellness centers which opened in the last year in the Cypress-Fairbanks area.

Workout and fitness

Amped Fitness

The new Amped Fitness location has a women's only section, cold plunges, red light therapy saunas, tanning, dry saunas and an athletic zone. Memberships start at $14.99, but there is a free three-day pass for those interested in the gym, per the website.

- 17340 Hwy. 249, Ste. 150, Houston
- www.ampedfitness.com

Bodybar Pilates

Bodybar Pilates is a U.S. franchise founded in 2012 with several locations, per the website. The Pilates studio officials said they welcome everyone to come in and try Pilates. Classes are expert-led and cater to all fitness levels.

- 9430 Fry Road, Cypress
- www.bodybarpilates.com/studios/cypress

Weight Watchers - Langham Creek YMCA

Weight Watchers is a weight-loss program. The company offers in-person or virtual workshops as well as memberships that specialize in programs such as menopause, diabetes and behavioral change coaching.

- 16725 Longenbaugh Drive, Houston
- www.weightwatchers.com

Light and IV therapy

Altered States Wellness

The business offers services such as float therapy, red light therapy, infrared sauna, cold plunge and compression boots. Officials said Altered States Wellness was created to make holistic wellness more accessible and approachable for today's overworked and high-performing individuals.

- 118 Vintage Park Blvd., Ste. C, Houston
- www.alteredstateswellness.com

Beem Light Sauna

Beem Light Sauna, a health and wellness business focused on providing infrared and other light therapies, offers discounted founder memberships.

- 110 Vintage Park Blvd., Bldg. J, Ste. G, Houston
- www.beemlightsauna.com/location/vintage-park

Huemn

The health optimization studio specializes in natural, non-invasive pain management and wellness services, including whole-body cryotherapy, lymphatic drainage, laser therapy, peptide therapy, intramuscular vitamin injections and more.

- 130 Vintage Park Blvd., Ste. A, Houston
- www.behuemn.com

Hydrate IV Bar

Hydrate IV Bar provides IV therapy treatments to support physical and muscle recovery, combat signs of aging and address various other health needs. It also offers a range of vitamin injections.

- 13215 Grant Road, Ste. 1400, Cypress
- www.hydrateivbar.com

Peak Health and Aesthetics

Services offered at Peak Health and Aesthetics include replacement hormone therapy, IV drips, medical weight loss and sports nutrition, per the company website.

- 9818 Fry Road, Ste 170, Cypress
- www.peakhealthtexas.com

Prime IV Hydration & Therapy

Owned by Steven and Ana Bull, the new location offers IV therapy, peptide therapy and medically guided weight loss. According to the website, Prime IV Hydration & Wellness services helped boost energy, enhance immunity, accelerate recovery and increase endurance.

- 21211 FM 529, Ste. 105, Cypress
- www.primeivhydration.com

This list is not comprehensive.

COURTESY EOS FITNESS

EoS Fitness

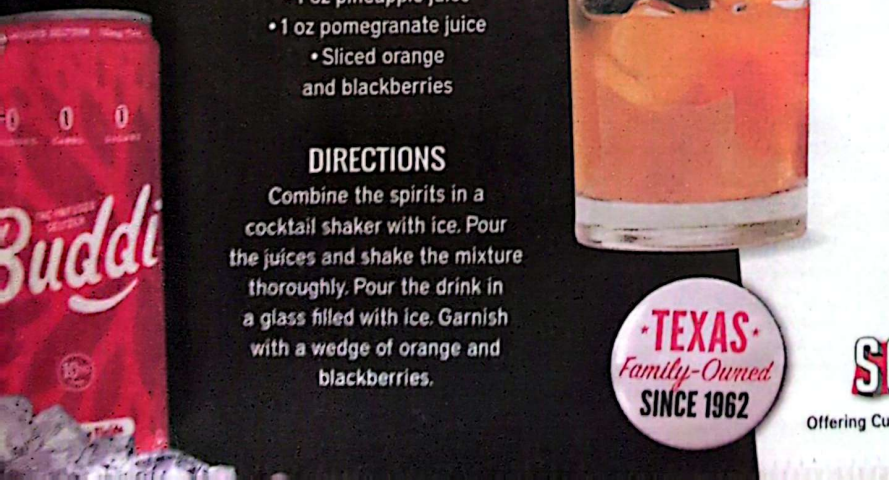
In 2025, the fitness center opened four new locations across the Cypress-Fairbanks area. The 40,000-square-foot, full service gyms feature a variety of cardio and strength equipment, group fitness classes and personal training options, business officials confirmed in an email.

- 4815 Hwy. 6 N., Houston
- 22314 FM 529, Ste. 100, Cypress
- 8580, Hwy. 6 N., Houston
- 18359 Hwy. 249, Houston
- www.eosfitness.com

PIGSKIN PUNCH

INGREDIENTS
- 2 oz White Rum
- 1 oz Brandy
- 1 oz pineapple juice
- 1 oz pomegranate juice
- Sliced orange and blackberries

DIRECTIONS
Combine the spirits in a cocktail shaker with ice. Pour the juices and shake the mixture thoroughly. Pour the drink in a glass filled with ice. Garnish with a wedge of orange and blackberries.



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TOUCHDOWN AT SPEC'S!

Park improvements shape up in Cy-Fair

The update

New trail connections and park amenities are rolling out across Harris County Precinct 3, including in the Cypress-Fairbanks area, more than two years after the Parks and Trails Master Plan was initially outlined.

Officials with Harris County Precinct 3 Commissioner Tom Ramsey's office said several projects have been completed since 2023, with additional trail links and park enhancements scheduled to continue through 2026 and beyond.

According to a statement from Ramsey's office, "The goal of the plan was to outline a long-term, 30+ year plan for the parks so it was intended to be done in smaller pieces."

In 2025, two projects were completed at Russ Poppe Park in Cypress: new pickleball courts opened to the public and more than 270 trees of various species were planted to halt erosion.

The North Houston Association—made up of more than 150 regional businesses—advocates for the establishment of green space, parks and trails as part of its mission, NHA President Marlisa Briggs said. Briggs said the association received regular updates from Ramsey's team about progress on the master plan.

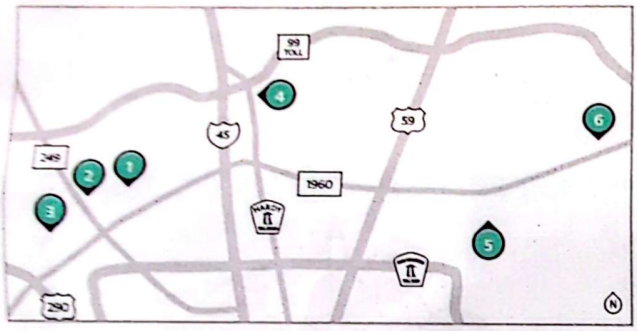
The NHA's areas of focus include mobility, water supply and drainage, the environment, and local development trends, per its website. Briggs said outdoor recreation has grown in popularity in the region over the last five years—a trend she expects to continue.

"A robust parks and trails system provides places to play, to exercise and simply to take a mental break by immersing ourselves in nature," Briggs said. "Parks provide places to gather and foster a sense of community."

Additionally, she said investment in parks plays an important role in boosting economic growth, as businesses choose to locate in areas with well-managed green space because it's easier to attract employees.

Completed projects

Harris County Precinct 3 has completed at least six projects since unveiling the 2023 Parks and Trails Master Plan.



1 Elizabeth Kaiser Meyer Park
Half a mile of the Gourley Nature Trail was reconstructed. New pickleball courts were added.

2 Kickerillo-Mischer Preserve
A new playground, boardwalk and south trail connections were added. A new parking lot was completed.

3 Russ Poppe Family Park
New pickleball courts were added.

4 Dennis Johnston Park
Butterfly Garden received erosion improvements, while fresh gravel and pollinator-friendly flowers were added.

5 Judge Ted Poe Community Center
The 8,500-square-foot center was remodeled and renamed.

6 I.T. May Park
New pickleball courts were added.

Cy-Fair service area park master plan recommendations

Projects were assigned prioritization based on time frame—short being within the next 10 years, medium within 10-20 years, and long-term taking 20 years or more.

Name of park	Renovation recommendations	Natural enhancements	New facilities
A.D. Dyess Park	Improve drainage at baseball fields and throughout the park. Renovate restrooms, replace site furnishings. Pave airfield parking lot. *(priority mainly short, medium for parking lots)*	Increase tree canopy *(priority short)*	Develop more soccer, football and multi-sports fields on the west side of the park. Add parking and playground on north side of park *(priority mainly long)*
Cypress Park	Replace damaged picnic tables and re-stripe parking lot *(priority short)*	Add reforestation planting *(priority short)*	Expand nature trail system. Add off-road biking paths within forested area of the park and fishing piers *(priority mainly medium)*
Fritsche Park	N/A	N/A	Add shade structures and restrooms for Boy Scouts. Add equestrian trails, trailer parking and multi-use trails *(priority medium)*
Harris County Deputy Darren GoForth Dog Park	Replace damaged picnic tables and re-stripe parking lot *(priority short)*	Plant additional shade trees. Protect trees in dog park areas. *(priority short)*	Add fishing piers *(priority medium)*
Little Cypress Creek Preserve	Convert parking lot to asphalt, add signage *(priority medium for parking lot, short for signage)*	Add boardwalks to wetland areas, add more nature trails, enhance/restore native planting *(priority long)*	N/A
Matzke Park	Overlay and re-stripe parking lots. Improve drainage *(priority short for drainage, medium for parking lots)*	Increase tree canopy *(priority short)*	N/A
Russ Poppe Family Park	Improve nature trails and park drainage *(priority short)*	Improve access to existing wetlands. Improve nature trails. Add additional information signs. *(priority medium)*	Add disc golf, adventure course or outdoor gym. Provide nature trails and boardwalk at ponds. *(priority mostly medium)*

NOTE: THIS LIST IS NOT COMPREHENSIVE.

SOURCE: OFFICE OF HARRIS COUNTY PRECINCT 3 COMMISSIONER TOM RAMSEY/COMMUNITY IMPACT

BY MELISSA ENAJE
CONTRIBUTIONS BY SARAH BRAGER

How we got here

The Precinct 3 Parks and Trails Master Plan debuted in 2023 and divided the north Houston area into four service areas: Cypress, Spring, Humble and Crosby. Officials with Commissioner Tom Ramsey's office said park improvements were needed because population in the area, which spans over 555 square miles, is expected to double by 2045. The population growth will also increase demand for recreational facilities, trails and green space access, officials said.

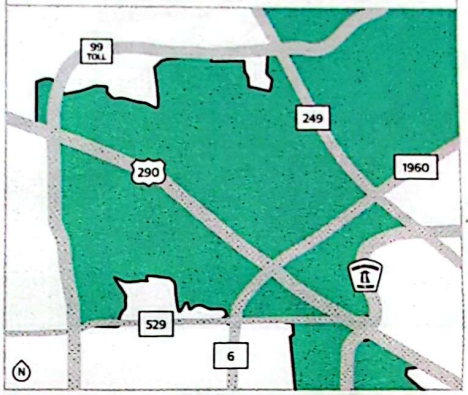
"Population growth in the north Houston area is a major driver for the master plan," Precinct 3 officials said in an email. "Planning is required to ensure parks and trails keep pace with that growth."

When the plan was first released, an estimated cost of all the projects totaled over $758 million and is being funded through a mix of county, state and other partner funds. The total project cost is subject to change as more projects launch.

Precinct 3 service areas

Cy-Fair has 30 total parks of varying sizes, the smallest being "pocket parks" and the largest being the Spring Creek Greenway.

- **14** pocket parks
- **4** neighborhood parks
- **5** community parks
- **2** regional parks
- **2** specialty parks
- **1** undeveloped park
- **1** greenway
- **1** sports complex



SOURCE: OFFICE OF HARRIS COUNTY PRECINCT 3 COMMISSIONER TOM RAMSEY'S PARKS AND TRAILS MASTER PLAN/COMMUNITY IMPACT

The projections

Precinct 3 officials said projects in the master plan could also be completed through partnerships with other entities.

"We are consistently looking for partnership opportunities with other agencies,"officials from Ramsey's office said in an email. "That includes other cities like the city of Houston, [Municipal Utility Districts], developers, etc."

Budget breakdown for Cy-Fair service area recommendations

- **$166.5M:** Trails
- **$55.2M:** New park facilities
- **$15.1M:** Park renovations
- **$4.3M:** Natural parks features

SOURCE: OFFICE OF HARRIS COUNTY PRECINCT 3 COMMISSIONER TOM RAMSEY'S PARKS AND TRAILS MASTER PLAN/COMMUNITY IMPACT

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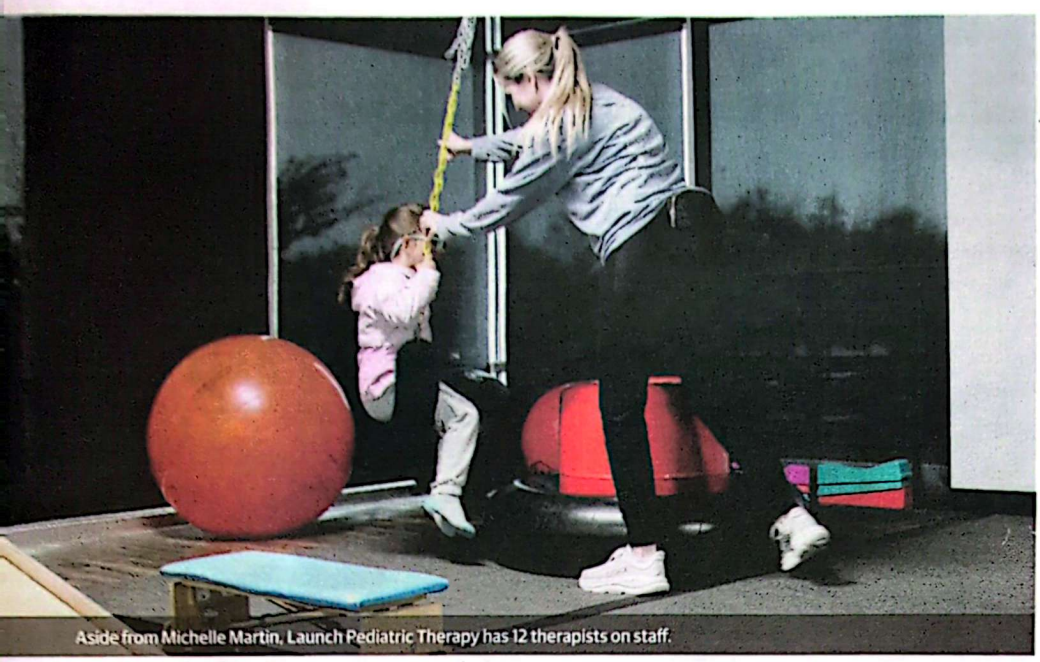
BY JOVANNA AGUILAR



Aside from Michelle Martin, Launch Pediatric Therapy has 12 therapists on staff.

JOVANNA AGUILAR/COMMUNITY IMPACT

Launch Pediatric Therapy serving Jersey Village

Michelle Martin found her calling as a speech pathologist in college while taking an elective course at The University of Texas.

"I took this phonetics class, and I fell in love with speech pathology, so I changed my major, and I never looked back," Martin said.

After earning a degree in speech pathology, Martin began practicing in 2007 and opened her own practice, Launch Pediatric Therapy, in Jersey Village in October 2023.

Staying local

Martin said while growing up in Jersey Village, she attended Jersey Village High School and was an active member of the community. In turn, her roots in the community led her to return to serve the area she grew up in through her own practice.

Located a few streets away from her home, Martin said the proximity of her practice allowed her to have a better work-life balance while fulfilling her passion in her own community.

"It's just been so nice to be in the community that I already love," Martin said. "I volunteer and I'm on city council."

Although Martin said she originally intended to be a teacher to work with children, her creative soul led her to create a business where she could use her creativity to aid children with cognitive differences.

What they offer

Launch Pediatric Therapy is operated alongside a team of 12 speech, feeding, occupational and physical therapists.

The therapy center offers therapy for children of all ages. With a focus on speech and feeding therapy, Martin said she spends most of her time working with children on the floor.

Utilizing creative methods associated with positive reinforcement and experiences, children with cognitive differences and developmental delays are gradually introduced to foods they typically reject, walked through communication development and taught how to regulate their emotions.

"I'm on the floor a lot, and we get thrown up on a lot. We all have spare clothes, but it is one of the most rewarding parts," Martin said. "I love this part, because feeding and eating is so social."

What else?

In addition to the proximity, Martin opened Launch Pediatric Therapy in Jersey Village to offer a therapy center where children and families could be equally treated in a family-centered, warm environment.

"I entered this profession to make an impact, to make big changes, and not just for the child, but the whole family unit," Martin said.

Martin said she partners with a Jersey Village High School program, HOSA, in which students volunteer by assisting therapists at Launch Pediatric Therapy.

Michelle Martin said her father built the wooden rocket ship located at Launch Pediatric Therapy.

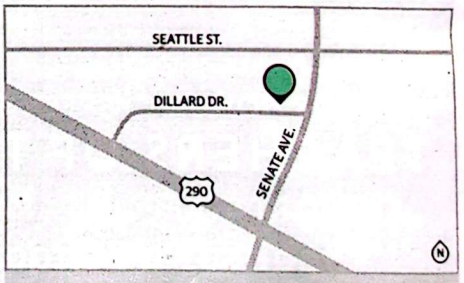
COURTESY LAUNCH PEDIATRIC THERAPY

Launch Pediatric Therapy serves children of all ages in Jersey Village.

COURTESY LAUNCH PEDIATRIC THERAPY

Launch Pediatric Therapy utilizes several methods of therapy for children of all ages.

COURTESY LAUNCH PEDIATRIC THERAPY



16000 Dillard Drive, Ste. 2B, Jersey Village
www.launchhtx.com

BY JOVANNA AGUILAR

The **birria street taco plate ($13.99)** includes five tacos on corn tortilla, topped with a choice of protein and served with onion, cilantro, cucumber, limes, salsa, rice and beans and consome.

PHOTOS BY JOVANNA AGUILAR/COMMUNITY IMPACT

The **gordita plate ($12.99)** has two gorditas stuffed with beans, vegan cheese, a protein and more.

The **street taco plate ($14.99)** includes five tacos served on corn tortillas, topped with a choice of protein, avocado, queso fresco, grilled onions and cilantro.

Alejandro Arregain opened a brick and mortar for his vegan eatery on December 2024.

Andaluz Vegan serves plant-based cuisine in Cy-Fair

What began as a small pop-up tucked inside the former Celaya Meat Market on Jones Road and FM 1960 has grown into Andaluz, a vegan Mexican restaurant where owner Alejandro Arregain transforms his family's traditional recipes into plant-based dishes.

Operated alongside his wife, Darlin Arregain, Andaluz has become a local staple known by the vegan community.

Staying local

A Cypress resident since 1995, Arregain grew up working at his parents' meat market, Celaya Meat Market, formerly located in the shopping center where Andaluz is today.

In 2021, after being introduced to vegan food by his brother, Arregain took a risk and began selling Mexican vegan food at the Celaya Meat Market.

Soon after, he began operating his business from an open-air pop-up market in the same shopping center, owned by Arregain's parents. At the time, due to a spike in health awareness post-pandemic, Arregain said vegan food was in demand, leading him to expand Andaluz with a food truck in 2023.

As the demand for Arregain's cuisine grew, the small business owner decided to expand with an official brick-and-mortar in December 2024.

Must-try menu items

Reimagining the flavors taught to him by his grandmother, Arregain serves jackfruit, soy, mushrooms and other vegan proteins sourced from the Houston Farmers Market.

With a menu made up of traditional Mexican dishes such as street tacos, birria tacos and gorditas, customers can select from a selection of vegan proteins flavored as al pastor, bistec and carnitas. Arregain said jack fruit is among one of the most popular proteins chosen.

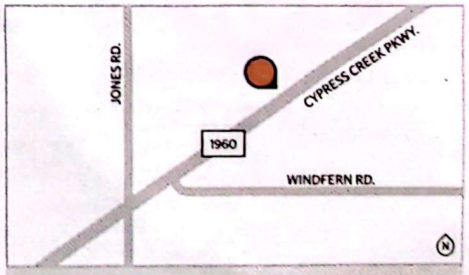
With Mexican dishes reflected by Guanajuato cuisine, Andaluz prepares each dish by the order with scratch-made ingredients, with the exception of its tortillas. Served on clay plates sourced from Mexico, each plate is presented with vibrant colors representing Arregain's origins. Other Mexican delights offered include street corn, agua frescas and arroz con leche.

Arregain said he plans to add seafood made with banana blossom and mole to the menu early this year.

Protein options

Customers can select from a selection of vegan proteins including:

- Al pastor (soy)
- Chicken fajita (soy)
- Bistec (soy)
- Chicharron (soy)
- Chorizo (soy)
- Carnitas (jack fruit)
- Fajita (mushroom)
- Azada (hibiscus)



10540 Cypress Creek Parkway, Ste. B, Houston

Facebook: Andaluz Vegan

BY JOVANNA AGUILAR

January

The Bard's Bounty

Join ComedySportz for a performance featuring hijinks and perils, all based on an adventure of the audience choosing. This event is for attendees 17 years old and up and online reservations are recommended.

- Jan. 17, 9 p.m.
- $14 (admission)
- ComedySportz, 8301 Jones Road, Houston
- www.comedysportzhouston.com

Steak Night at Swanny's

Attendees can enjoy steak night at Swanny's Grill with a 10-ounce ribeye, baked potato and a side for $24.99 or a 4-ounce fillet and two sides for $14.99.

- Jan. 22, 5-7 p.m.
- $14.99-$24.99
- Swanny's Grill, 6224 Theall Road, Houston
- www.swannysgrill.com

Sam Houston Race Park College Night

On College Night, college students get free admission to the Sam Houston Race Park's live racing event with a college ID or college shirt. There will also be live music from Southern County Line at the Pavilion Centre.

- Jan. 23, 5:30 p.m.
- $5 (admission), free (college students)
- 7575 N. Sam Houston Parkway, Houston
- www.shrp.com

Boots on the Ground

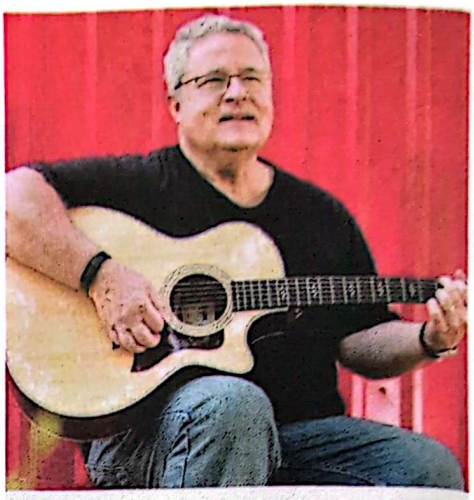
As rodeo season approaches, Painting with a Twist is holding a girls' day painting event in which participants can paint a pair of western boots. Guests can also choose to register to make a candle ahead of the painting class, but must show up 30 minutes early to take part.

- Jan. 24, 5-7 p.m.
- $39-$49 (admission)
- 12344 Barker Cypress Road, Ste. 200, Cypress
- www.paintingwithatwist.com

Celebrate Cy-Fair

Attendees ages 21 and over are invited to join the Cy-Fair Houston Chamber of Commerce for an event featuring light bites from local restaurants, wine, beer and bourbon tasting samples.

- Jan. 30, 6-9 p.m.
- $60 (individual ticket)
- Blackhorse Golf Club, 12205 Fry Road, Cypress
- www.cyfairchamber.com



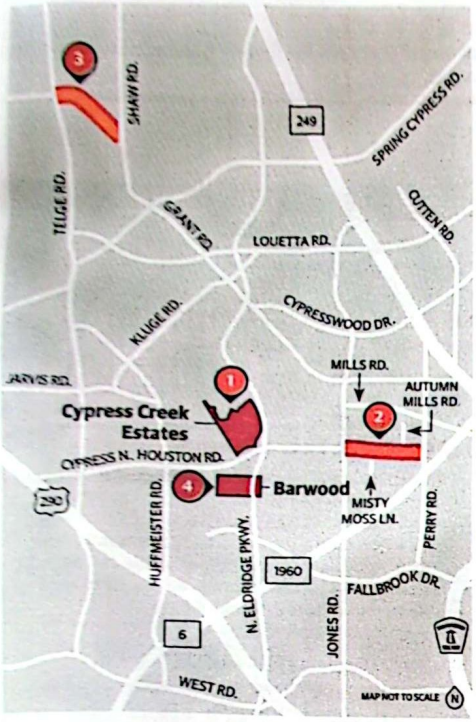
COURTESY MARK CHILDRES

Live Music with Mark Childres

Enjoy a live music performance featuring Mark Childres at the Brew: 30 Taphouse.

- Jan. 31, 6:30-9:30 p.m.
- Free (admission)
- 15914 Telge Road, Cypress
- www.brew30taphouse.com

BY JESSICA SHORTEN



Upcoming projects

1 Cypress Creek Estates Subdivision improvements

Project: This project aims to make subdivision drainage improvements and pavement reconstruction to increase drainage capacity, reduced flood risk, and reduced long-term maintenance costs.

Update: Funding for this project was approved and will focus on addressing drainage issues throughout the subdivision according to Harris County Precinct 3 officials.

- **Cost:** $10.1 million
- **Timeline:** Fourth quarter 2026
- **Funding source:** Federal grant managed by Harris County Engineering Department

2 Cypress North Houston Road

Project: The project will widen the roadway from two lanes to a four lane concrete boulevard with raised medians and underground storm sewer system. The project also includes new or upgraded traffic signals at Autumn Mills Road, Misty Moss Lane, and Perry Road.

Update: This project is in the design phase.

- **Cost:** $16 million
- **Timeline:** Design finalized by early 2026
- **Funding source:** Harris County

Ongoing projects

3 Grant Road widening

Project: This project will widen Grant Road from a two-lane road to four-lane boulevard from Telge Road to Shaw Road.

Update: The project is in the design phase.

- **Timeline:** 2026
- **Cost:** TBD
- **Funding sources:** Harris County, Precinct 3

4 Barwood subdivision improvements

Project: This project aims to make subdivision drainage improvements and pavement reconstruction throughout subdivision to increase drainage capacity, reduce flood risk, and reduce long term maintenance costs.

Update: This project has entered the construction phase, according to Harris County precinct 3 officials.

- **Timeline:** Second quarter 2026
- **Cost:** $1.1 million
- **Funding sources:** Community Development Block Grant, Harris County

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BY COMMUNITY IMPACT STAFF

CI Foodie

Looking to get out of your neighborhood to try a new dining experience? Check out the following restaurant news from across the Houston metro, as recently reported by *Community Impact*.

COURTESY OI JUICY DUMPLING & RAMEN

OI Juicy Dumpling & Ramen

OI Juicy Dumpling & Ramen offers comfort food including ramen, handmade dumplings and milk tea.

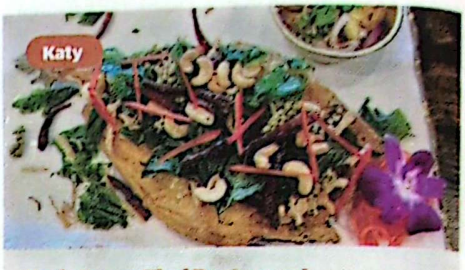
- Opened in November
- 25282 Hwy. 290, Ste. 100, Houston
- Facebook: OI Juicy Dumpling & Ramen

COURTESY DUC HOANG

Candente

Owner Michael Sambrooks said in a Dec. 22 news release that the new Bellaire location represents a commitment to the expansion of his two brands—Candente and The Pit Room—at the top of the culinary game in the Houston restaurant scene.

- Opened Dec. 22
- 5101 Bellaire Blvd., Bellaire
- www.candentehtx.com

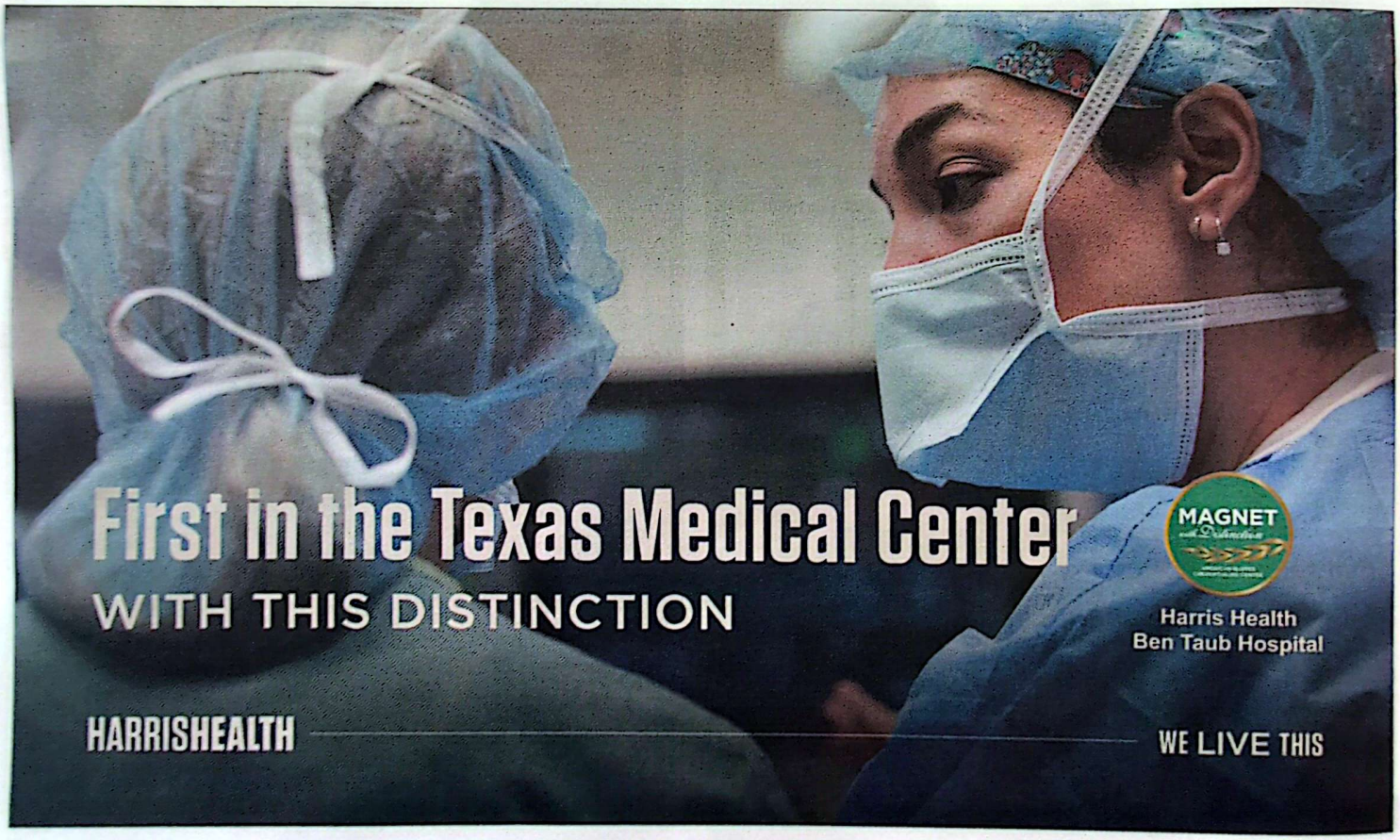


COURTESY YARK GREEN THAI RESTAURANT

Yark Green Thai Restaurant

Rooted in family recipes and a passion for authentic flavors, Yark Green serves Thai rice, curry and noodle dishes, as well as desserts such as mango sweet rice, coconut pandan roll cake and fried ice cream. Additionally, the interior of the restaurant is decorated with warm tones, earthy colors and greenery to reflect a peaceful oasis.

- Opened Dec. 12
- 23227 Mercantile Parkway, Ste. A4, Katy
- www.yarkgreenthairestaurant.com



Residential market data

Homes continued to stay on the market longer than in 2024 across the Cypress-Fairbanks area, as average home prices took a slight dip year over year according to data from CB&A Realtors.

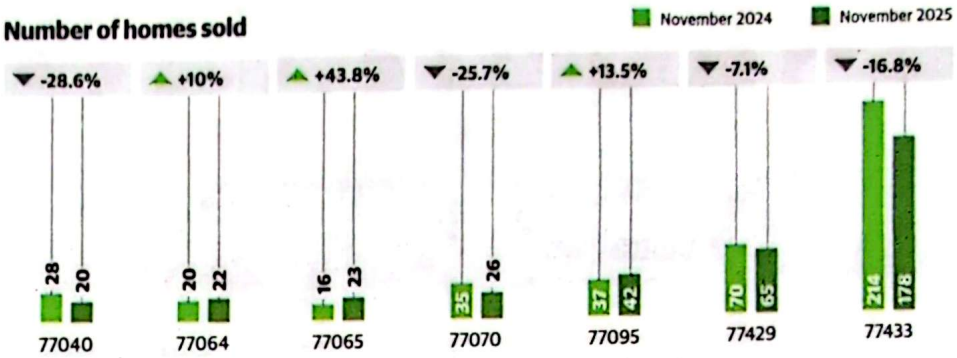
Homes sold by price point

November 2025	
$800,000+	21
$600,000-$799,999	34
$400,000-$599,999	86
$200,000-$399,999	225
<$199,999	10

MARKET DATA PROVIDED BY CB&A REALTORS
832-678-4770 • WWW.CBAREALTORS.COM

CB&A | REALTORS

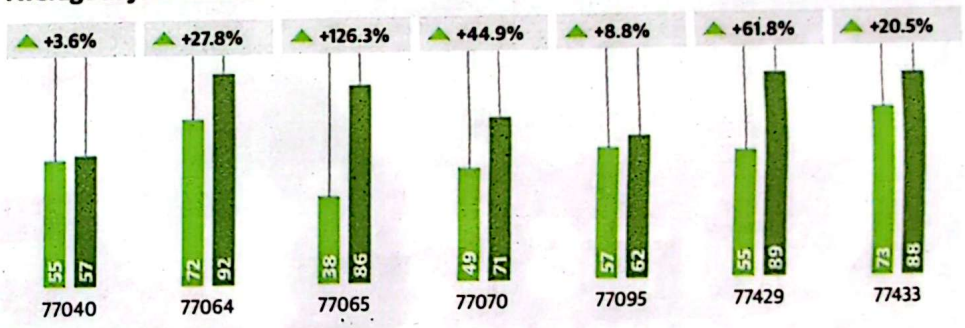
Number of homes sold



Median home sales price

November	2024		2025
77040	$297,500	—	$297,500
77064	$302,000	▼	$266,500
77065	$308,950	▲	$310,000
77070	$325,000	▼	$312,450
77095	$334,000	▼	$332,900
77429	$402,500	▼	$389,999
77433	$453,020	▼	$397,804

Average days on market



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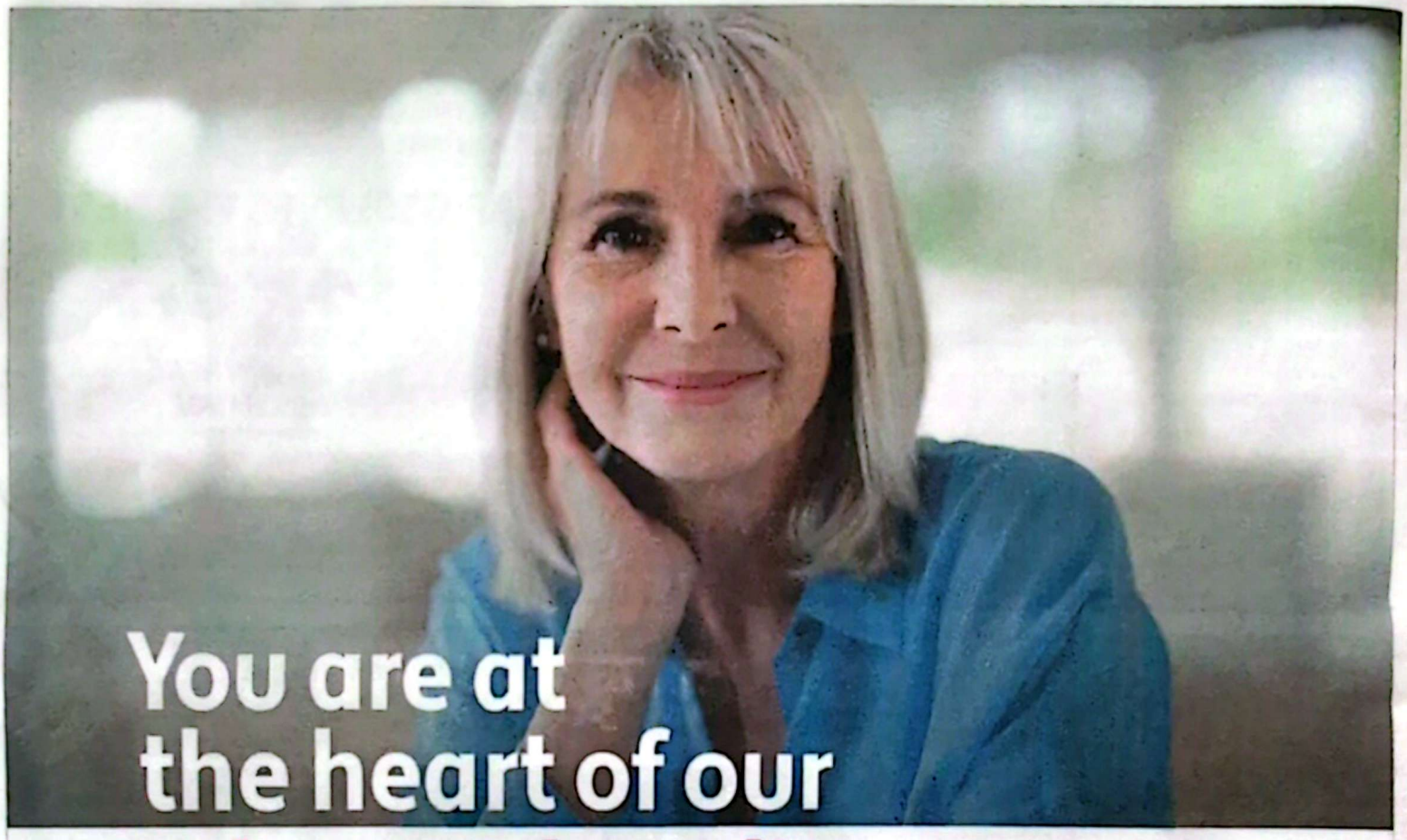

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